



Z-Health Newsletter - June 2008

Your monthly insight to Life in Motion

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Calendar of Events

Our current schedule is below. Check our [website](#) for updates.

Conferences & Workshops

- Minneapolis, MN: Oct 31 - Nov 2 - [The Essential Secrets of Elite Performance](#)
www.dragondoor.com/zhealth

R-Phase (Level 1)

- Fremont, CA: Jul 25-27 & Sept 19-21
- Edinburgh, Scotland: Sept 1-6
- New York, NY: Sept 26-28 & Nov 14-16
- Los Angeles, CA: Oct 20-25

I-Phase (Level 2)

- Durham, NC: Jul 10-13
- Chicago, IL: Aug 7-10
- Minneapolis, MN: Aug 21-24
- Denver, CO: Oct 9-12
- Fremont, CA: Nov 6-9

Ask Dr. Cobb

If you have a question you'd like Dr. Cobb to answer in a future column, send it to askdrcoobb@zhealth.net.

Q: *I train fairly hard 6-8 times per week, martial arts, general strength & conditioning and kettlebell training. What would be the best way for me to incorporate Z-Health into my current training regime? Should I be looking to include it as part of pre/rehab along with foam roller and general flexibility?*

Thanks in advance

A: Thanks for the excellent questions. Let's start with the first one: "What would be the best way for me to incorporate Z-Health into my current training regime?"

As your training schedule and activities closely mirror my own, I can answer this question by telling you what I personally do.

Since I consider joint mobility and body control the foundational skills of life, training should echo that. In other words, whether you are preparing to train with kettlebells, do bodyweight strength work, or focus on a given set of martial art techniques, it is essential that your body is in full communication -- if you want to get the most out of your time investment. The Z-Health movement drills are intended to do just that -- get your brain and body in balanced, perfect communication.

The specific joint drills found in our R-Phase series will have you moving each joint through all potential ranges of motion. The resultant neural barrage sent to your brain will "wake up" your movement skill and body control very quickly. This makes these drills an excellent warm-up for any and all of your activities.

I would suggest that you begin by learning all of the R-Phase drills very specifically over the course of 4-6 weeks. There is a training program in both the R and I-Phase manuals designed to show you how to do this in 10 minutes a day. As you do this, note the ones that seem to offer you the biggest benefits. Once you have a list of 12-15 mobility drills that really impact you, practice them as the FIRST part of any training that you do -- before stretching, before general warm-ups, and definitely before the foam roller! (I actually am not a big advocate of foam roller work for many people. You can read about some of the reasons in Mike Nelson's [excellent blog post](#).)

Your initial mobility work using these drills should last from 6-9 minutes (like the Level 1 & 2 Neural Warm-Ups) in most cases to best prepare you for your upcoming workload. As you practice using this program design, you should see your strength, flexibility, power and body control skyrocket.

Good luck and good training!

Keep Moving,

Dr. Cobb

New Workshop: The Essential Secrets of Elite Performance

9S Certification

- Phoenix, AZ: Jun 26-29

Three full days of Z-Health -- combining R, I, & S Phases (Levels 1-3) together to create a program to get the most of your training. Sponsored by Dragon Door Publications, this Z-Health first is perfect for anyone wanting to take their training to the next level, or get out of pain and move better.

Minneapolis, MN

Friday, October 31, 2008 - Sunday, November 2, 2008

Friday: 9:00am–12:30pm & 2:00pm–6:00pm

Saturday: 9:00am–12:30pm & 2:00pm–6:00pm

Sunday: 9:00am–12:30 pm & 2:00pm-4:00pm

Concepts and benefits include:

- Why the nervous system rules
- Learn to see through the Z-Health "Lens"
- Understand your body's movement map
- Learn how to harness your body's drive for survival to enhance your fitness
- The 160+ move R-Phase Toolbox
- The Z-Health Movement Template approach
- See how vision and balance problems can affect strength and movement -- and what to do about it
- Learn to "see the field" through key visual drills
- Techniques to significantly enhance your linear and lateral speed
- The Z-Health approach to total body power

To register, contact Dragon Door at www.dragondoor.com/zhealth or call 1-800-899-5111.

Workshop Code: WZ01

Workshop Reference: Z-Health Seminar

Tuition: \$797, or \$597 if you register by June 30th. Other early bird registration discounts are also available.

Save on I-Phase DVD/Manual

The next step after R-Phase and Neural Warm-Up 1 is I-Phase. As we like to say, "life doesn't happen in neutral stance" -- and neither does Z-Health!

So, until the **end of June** you can get 20% off the I-Phase manual and DVD. You will **pay just \$68** (plus applicable tax and shipping). That is a **savings of \$17 off our list price of \$85!**

Two easy ways to order:

1. Order online at zhealth.net and make sure that you use promo code I20JUN08 at checkout.
2. Call **888.394.4198** to order. Be sure to mention promo code I20JUN08 to guarantee your 20% off.

The I-Phase (or Integration) series follows R-Phase as the next step in turning your body into a **finely-tuned machine** capable of doing exactly what you want, when you want it to! I-Phase is the result of a 20+ year study of the movement patterns of the world's most elite athletes, as well as how to incorporate those exact patterns into your body: quickly and efficiently!

I-Phase is NOT A BEGINNING Z-Health program! It incorporates all of the intense mobility work of the R-Phase series with the twisting, turning, and lunging movement patterns that all great athletes do naturally. If you are ready to experience the next phase of Z-Health and the future of advanced mobility training, I-Phase is for you.

What you will get:

1. Z-Health® I-Phase Training Manual, filled with hundreds of photographs, an extensive introduction, six week training schedule, resource guide and references.
2. 2 DVD set:
 - Volume 1 is a follow along practice session that will challenge every joint and muscle in your body -- powerfully, safely, and efficiently.
 - Volume 2 offers the in-depth instruction and precise details that are a hallmark of the Z-Health system and so necessary for getting maximum results in minimum time.

Be sure to order by Monday, June 30th, to take advantage of this pricing! Call 888.394.4198 and mention promo code I20JUN08 or [click here](#) to order.

From our Bookshelf: *The Brain that Changes Itself*

An Amazon bestseller, [The Brain that Changes Itself](#) is a fascinating look in to the exploding field of neuroplasticity, or the brain's ability to adapt and remodel. At Z-Health, this concept is at the very foundation of the entire system and what we teach.

While it was previously assumed that the brain was hard-wired, and once you lost a piece of it, you lost it, more recent science is proving otherwise. The brain is a plastic, malleable, constantly-adapting organ -- you are always training your brain; it's up to you what you teach it. The book contains the current science behind the "anecdotes" of blind people hearing better than sighted people, and how stroke victims can re-learn to move and speak.

Science now says that you can continue to learn as you get older, and you really can "teach an old dog new tricks". Chapter three contains some of those tricks -- sharpen perception and memory, increase speed of thought, and heal learning problems.

A wonderful mix of science, story, and application makes this an enjoyable read for anyone.

[Read reviews and purchase from Amazon](#)

U.S. Military Discount

Z-Health supports the troops. If you or an immediate family member are in the U.S. Military, you will receive a 10% discount on all products, and certifications. To take advantage of this discount, you must contact the office directly at orders@zhealth.net or 1.888.394.4198.

<http://www.zhealth.net>

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